

# SIZE CHART

## Z-POLE SIZING

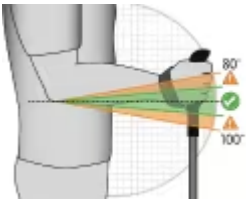
Height Range		Suggested Z-Pole Length
IN	CM	
<4 ft 10	<147	100 cm
5 ft 1	155	105 cm
5 ft 4	162.5	110 cm
5 ft 7	170	115 cm
5 ft 10	178	120 cm
6 ft 1	185.5	125 cm
6 ft 4	193	130 cm
6 ft 7	200.5	135 cm

Use this chart to get a general idea of which size pole will best fit your needs, but please don't skip these important steps below.

## FIT GUIDE



How to measure:  
On flat ground, the top of the trekking pole handle should be at waist or hip level and your elbow at 90 degrees (see illustration).  
For Walking, hiking and backpacking: Stability and support matter most. Size up if you're right on a size cusp.  
For Running: Uphill propulsion matters most. Size down if you're right on a size cusp.



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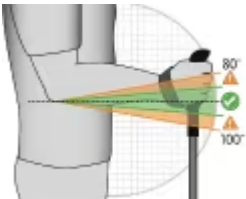


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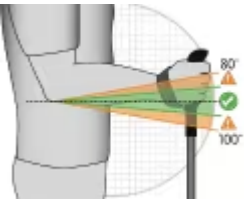


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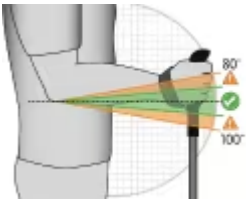


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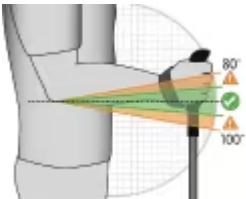


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